

Senior Lunch Social February Menu



SENIOR LUNCH SOCIAL
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES
INTERGENERATIONAL GARDEN

Time: 12:00-1:00pm on Tuesdays, Wednesdays, Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:15pm.

Eligibility: Free meal for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

Reserve your meal: Call or e-mail us at (512) 974-1700 or rani.arni@austintexas.gov **5 days in advance.** *Vegetarian meals available by request on Tuesdays and Thursdays. Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

First time participants: Please call 512-974-1700 to register for program.

<p>Tuesday, February 3</p> <p>Steamed Tilapia w/ Tomato & Celery Sauce, Spring Mix Salad, Sweet & Savory Fried Rice, Fresh Fruit</p> <p>Veg. Entrée: Tofu Cake w/ Tomato & Celery Sauce</p>	<p>Wednesday, February 4</p> <p>Vegetable Pulao, Chole Masala (Garbanzo Beans in Tomato Sauce) Samosas, Fresh Fruit</p>	<p>Thursday, February 5</p> <p>Vietnamese Beef Stew, Pickled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Sesame Seitan (Mi Cang) & Eggplant Stew</p>
<p>Tuesday, February 10</p> <p>Braised Herbal Chicken, Toasted Almonds & Green Beans, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Braised Herbal Tofu</p>	<p>Wednesday, February 11</p> <p>Moong Whole, Jeera (Cumin) Rice, Cauliflower Sabzi (w/o potato), Roti, Fresh Fruit</p>	<p>Thursday, February 12</p> <p>Steamed Ginger Tilapia, Toasted Almonds & Green Beans, Sweet & Savory Fried Rice, Fresh Fruit</p> <p>Veg. Entrée: Steamed Ginger Tofu</p>
<p>Tuesday, February 17</p> <p>Stuffed squash w/ Pork, Pickled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Stuffed Squash w/ Tofu</p>	<p>Wednesday, February 18</p> <p>Kala Chana, Palak Rice, Mutter Paneer (Green Peas & Paneer in Tomato Gravy), Puri, Fresh Fruit</p>	<p>Thursday, February 19</p> <p>Stuffed Bitter Melon w/ Pork, Grilled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Stuffed Bitter Melon w/ Tofu</p>
<p>Tuesday, February 24</p> <p>Chinese Broccoli Stir Fry w/ Chicken, Grilled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Chinese Broccoli Stir Fry w/ Tofu</p>	<p>Wednesday, February 25</p> <p>Mixed Vegetables in Coconut Curry w/ Basmati rice, Curry wraps with Paneer, and Fresh Fruit</p>	<p>Thursday, February 26</p> <p>Braised Herbal Chicken, Spring Mix Salad, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Braised Herbal Tofu</p>

Schedule of Activities—February 2015

Recreational & Intergenerational Community Education

Ongoing: 9:30AM-2PM Tea & Recreation Social—Join us for some free tea & coffee or come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, brain games, computer basics and help, etc. **Karaoke by request from 1-2pm.**

Every Tuesday, Wednesday, Thursday

10am-12pm Computer help / 電腦幫助 / 컴퓨터 도우미 / giúp máy tính

<p>Tuesday, February 3</p> <p><i>Interested in bringing more activities to the AARC? Apply for the AARC Community Ambassadors Program! Ask AARC staff for more information.</i></p>	<p>Wednesday, February 4</p> <p><i>Tell us more about what you would like to do at the AARC. Fill out an AARC Senior Survey. See reception desk for more information.</i></p>	<p>Thursday, February 5</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Vince
<p>Tuesday, February 10</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness 體力活動 w/ Gongxian (Ballroom) 10am Mobile Device Class 智能手機課 w/ Unni (Library) 	<p>Wednesday, February 11</p> <ul style="list-style-type: none"> 10:30-11:30am Gentle Yoga w/ Navvaratri (Ballroom) 	<p>Thursday, February 12</p> <ul style="list-style-type: none"> Open Recreation
<p>Tuesday, February 17</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting w/ Ruby (Classroom 8) 	<p>Wednesday, February 18</p> <ul style="list-style-type: none"> 10:30-11:30am Area Agency on Aging Workshop 講座 (Classroom 8) 	<p>Thursday, February 19</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Vince 10am-12pm Chinese Knotting w/ Ruby (Classroom 8)
<p>Tuesday, February 24</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness w/ Gongxian (Ballroom) 	<p>Wednesday, February 25</p> <ul style="list-style-type: none"> 10:30-11:30am Gentle Yoga w/ Navvaratri (Ballroom) 	<p>Thursday, February 26</p> <ul style="list-style-type: none"> 9:30-11:30am Free Health Screening / 健康檢查 (Classroom 2)

Transportation Schedule—February 2015

Recreational & Intergenerational Community Education

Limited transportation available for seniors eligible and registered for Senior Lunch Social. Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information. Transportation participants must still follow guidelines for registering for Senior Lunch Social.

Route Schedule:

- Stops that are not able to make 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC if you do not have e-mail access.
- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

Changing Pick-Up Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.

B	Tuesday, February 3 Pickfair Park Balcones Country Club Tanglewood Park	Wednesday, February 4 Yaupon Evening Primrose Texas Plume & DK Ranch	Thursday, February 5 Trailhead Park Rockwood
A	Tuesday, February 10 Hunters Chase Yaupon Evening Primrose	Wednesday, February 11 Pickfair Park Balcones Country Club Tanglewood Park	Thursday, February 12 Trailhead Park Rockwood
B	Tuesday, February 17 Pickfair Park Balcones Country Club Tanglewood Park	Wednesday, February 18 Yaupon Evening Primrose	Thursday, February 19 Trailhead Park Rockwood
A	Tuesday, February 24 Hunters Chase Yaupon Evening Primrose	Wednesday, February 25 Pickfair Park Balcones Country Club Tanglewood Park	Thursday, February 26 Trailhead Park Rockwood